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Your essential daily news | WEEKEND, AUGUST 21-23, 2015 | High 23°C/Low 13°C Sun and clouds

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PM's former legal adviser contradicts the Tories during Mike Duffy trial

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FRED CHARTRAND/THE CANADIAN PRESS

'Not our fault,' says taxi union head

DISPUTE

Amrik Singh fires back at Mayor Watson

Lucy Scholey
Metro | Ottawa

As noisy taxi drivers continue protesting at the Ottawa airport and beyond, the city is setting the wheels in motion for an early review of its cab bylaws.

City hall staffers will pick a third-party reviewer by the end of the month. They will then fast-track a draft taxi bylaw review that's now due by the end of the year.

That report was initially expected in March 2016, but Ottawa Mayor Jim Watson has called for a speedier process.

On Thursday, Coun. Diane Deans, chairwoman of the community and protective services committee, said she was in favour of expediting the review, but stressed the need for a "fulsome consultation with all interested parties."

"It is important that we get this right," she said.

Deans also called on the taxi union and Coventry Connections, the owner of several cab companies in the city, to resolve their labour dispute that has been disrupting traffic.

The city does not usually intervene on these types of issues, she said.

But during an unrelated news conference on Tuesday, Watson lambasted taxi drivers for their repeated horn-honking, traffic-clogging and noise-making protests at the airport.

"We understand where the mayor is coming from," said Amrik Singh, head of taxi Union Local 1688. "Whatever is happening at the airport is not our fault."

Airport drivers, who have been loudly protesting pick-up fees for more than a week, want to head back to work, he said.

But they are locked out and waiting for Coventry Connections to return to the bargaining table.

Hanif Patni, president of Coventry Connections, has previously said the increased airport pickup costs — to $5 a pickup from about $1 or $2 — is necessary to pay for stand fees.

MARKET RATE

The Ottawa airport authority has said its rent fee is on par with the market rate.

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Caitlyn Jenner could face vehicular manslaughter charge. **World**

It's time to quiver with excitement

ENTERTAINMENT

Archery tag first game in the city that really nocks

Haley Ritchie
Metro | Ottawa

It's already a hit in Vancouver and Toronto, but starting Friday, Ottawa's first-ever "archery tag" arena will be open for business.

What is archery tag? Think a family-friendly cross between laser tag, dodge ball and paint ball. It's great fun, a good workout and won't leave you with any bruises (or fatal arrow wounds).

Players use real archery bows, but the arrows are finished with a big foam marshmallow. You'll feel an arrow when it hits you with a satisfying "plunk!" but it's just enough force to get your adrenalin pumping.

"It's hugely popular in Toronto and Vancouver," said Brian Seto, one of the three founders of Archery Games. The experience is housed in an 8,000-square-foot former furniture warehouse at 1860 Bank St.

It's easy to see why the high-adrenalin game has been so successful. Firing the bow doesn't require much athleticism or experience.

At a media preview Wednesday night, even the clumsiest of beginners were able to knock out precise targets and aim deadly headshots within the hour.

Seto and his business partners Ramsey Jackson and Qi Hu originally wanted to open "escape room" party games and still plan to open that part of the warehouse in September.

While the escape-room craze has a few competitors in Ottawa, this archery tag experience is one-of-a-kind in the city.

"It's easy to compare with paintball, but there's zero marks and no bruising. I don't play paintball because it hurts and you need a lot of equipment," said Seto. "Here, we supply the equipment. You just bring athletic clothing and footwear and you're good to go."

He said the game is aimed at those ages 10 and above, making it ideal for everything from corporate team building to a Hunger Games-themed birthday party.

Teams of eight to 10 people take aim at each other within a forest-themed court, complete with artificial turf and inflated cover. There is a variety of different games involving shields, arrows and special targets.

The only downside is that the game is somewhat expensive: $24 for about 70 minutes of training and gameplay. Which is too bad; the satisfaction of a bull's-eye shot will have you addicted before time is up.

A writer tests the game Thursday. The gear is surprisingly easy to use. HALEY RITCHIE/METRO

Founders Ramsey Jackson, Qi Hu and Brian Seto act as friendly referees. HALEY RITCHIE/METRO

Co-owner Ramsey Jackson

POLITICS

Liberal candidates meet with mayor

Michael Woods
Metro | Ottawa

Liberal candidates from all nine local ridings headed to city hall Thursday to meet Mayor Jim Watson and hear about the city's priorities for the election campaign.

It was the first in a series of briefings the mayor is holding with local candidates to discuss campaign issues such as light rail, affordable housing, infrastructure funding and National Capital Commission-related matters.

"We're here today to demonstrate to our citizenry that we are in fact very interested in cooperating with the municipality," said Ottawa South incumbent David McGuinty.

The briefing came a day after Watson and Gatineau Mayor Maxime Pedneaud-Jobin announced they are teaming up to ensure local issues are on the radar during the campaign.

McGuinty said the federal government is "not present" when it comes to funding for a light-rail extension to the Ottawa International Airport.

However, he demurred when asked whether the Liberals would pitch in for the $155-million extension, only saying the party would work with the airport authority and other levels of government.

Watson and Pedneaud-Jobin have said they want seats on the board of the NCC, but McGuinty was noncommittal on that front.

"We're interested in hearing more about that proposal, whether it would be mayor, whether it would be a councillor, how would that work," he said. "We need to hear more detail on that proposal, which we did not hear today."

SUMMER

City mulls extended beach season in 2016

Lucy Scholey
Metro | Ottawa

Those fuming (and sweltering) following the closure of Ottawa's beaches during a heat wave can cool their heels.

The city's beaches could stay open for a longer season — starting next summer.

Coun. Diane Deans, chairwoman of the community and protective services committee, said she has heard "multiple requests" to keep the beaches open longer than the 58- to 65-day period. At Tuesday's committee meeting, she asked staff to explore all options to extend the beach season for next year.

On Sunday, the city's five beaches — Britannia, Westboro, Mooney's Bay, Petrie Island East Bay and Petrie Island River — closed for the season.

Ottawa Public Health issued a heat warning this week, after Environment Canada predicted highs of 31-plus-Celsius all week.

In an emailed statement to Metro earlier this week, Dan Chenier, the city's general manager of parks and recreation, said extending the beach season until Labour Day would cost more than $100,000.

"There is no funding in the budget to extend the beach season," he said.

City staff has been asked to report back to CPS with new scheduling options before the 2016 budget discussions.

— WITH FILES FROM HALEY RITCHIE

Former Conservative senator Mike Duffy arrives at the Ottawa courthouse on Thursday. FRED CHARTRAND/THE CANADIAN PRESS

PMO says one thing, lawyer says another

DUFFY TRIAL

Perrin testifies top Tory aide was aware of $90K payment

A former lawyer inside the Prime Minister's Office has contradicted the Conservative campaign in court, laying out in detail how Stephen Harper's top aide was told of the secret $90,000 repayment of Sen. Mike Duffy's expenses.

Benjamin Perrin's testimony at Duffy's fraud, breach of trust and bribery trial covered the negotiations that transpired between Duffy and the PMO in February and March 2013.

He described how a conference call was set up with Duffy's lawyer Janice Payne to include himself, Nigel Wright — Harper's right-hand man at the time — and Ray Novak, Harper's principal secretary and Wright's eventual replacement as chief of staff.

Perrin said shortly before the conference call he sat at a table in Wright's office with Wright and Novak.

It was during that short meeting that Wright told Perrin he would cover Duffy's expenses. Perrin says he looked over at Novak to see his reaction, and saw none.

The testimony contradicts what Conservative campaign spokesman Kory Teneycke said last week — that Novak was unaware of the payment, and that he was not on the call when the payment was discussed.

Later, on the conference call with Payne, Perrin said that Wright and Duffy's lawyer discussed the details of how he would cover Duffy's expenses.

He told court that Novak was in the room throughout the call, although Wright did all the talking.

The testimony also contradicts Wright's claim that Novak only popped in and out during the conference call, and was not one of the staff members in the loop on his payment.

Harper himself has rejected questions from reporters specifically on Novak's knowledge of the payment.

In June 2013, weeks after the Wright payment broke in the media, Harper told the Commons that Wright had not told anyone in his staff about his decision.

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The Wabano Centre for Aboriginal Health, which offers programs and services to Ottawa's aboriginal community, is seen by many as the jewel of Vanier. LUCY SCHOLEY/METRO

Fast times in 'new Hintonburg'

Riding profiles 2015: Ottawa-Vanier In the first of a weekly series on the capital's electoral districts, Metro looks at a longtime Liberal stronghold looking to shake stubborn stereotypes

Lucy Scholey
Metro | Ottawa

It would be a huge upset for Ottawa-Vanier to be anything other than red this federal election.

But the New Democrats are looking to shake up the riding and headline-grabbing contender Emilie Taman may be the person to do it. Although not yet officially the candidate — the NDP nomination party is Aug. 25 — she's already making a name for herself after giving up her job as a prosecutor with the Public Prosecution Service of Canada to run for office.

David Piccini, a 26-year-old public servant and University of Ottawa men's soccer coach, is the Conservative's name on the ticket.

Still, they are facing the Liberals, who have held a firm grip on the riding since it was first created in 1935 as Ottawa East.

Incumbent Mauril Bélanger has been the MP for two decades, after winning a byelection in 1995 with a whopping 60 per cent of the vote. But his votes have dipped in recent elections. In 2011, he won with 38.17 per cent.

The riding boasts one of the largest aboriginal communities in the city. According to the 2011 Ottawa Neighbourhood Study, 10 per cent of the population of Vanier North (squeezed between the Beechwood Cemetery, Notre-Dame-de-Lourdes Cemetery, the Vanier Parkway and Montreal Road) is of aboriginal descent, compared to 2.1 per cent, on average, in other Ottawa neighbourhoods.

While the community may carry a history of prostitution and crime stereotypes, many residents see their home as eclectic and diverse.

This summer, design firm CloudLab's funky tractor-trailer office has temporarily rolled in to a vacant piece of land on Montreal Road. On the neighbourhood's three main roads — Beechwood Avenue, McArthur Avenue and Montreal Road — the Quartier Vanier Business Improvement Area has launched a new grant program to help spruce up storefronts.

Quartier Vanier BIA Executive Director Jamie Kwong wants to see more federal funding to help give small businesses a boost in the riding.

"We can create a welcome-wagon concierge service so that when people come to Vanier to live, to set up a business, that we're all supportive on all levels and that we all play a role in making our community stronger," Kwong said.

She's working on a revamped Vanier plan — one that will be shovel-ready as soon as the city's year-long celebrations of Canada's 150th anniversary finishes in 2017.

Mathieu Fleury, councillor for Rideau-Vanier, also wants more federal funding to help revamp that Vanier main road and turn it into a "complete street" with better cycling infrastructure.

"What really would give it a good shot in the arm is … new streetscaping, new light poles, new benches, new trees, public art," he said.

Ward-wide, he wants more federal attention to affordable housing and transit services, considering Vanier will not have any direct light-rail transit access.

Other community leaders, like Suzan Proulx, are looking to better their community in other ways.

As co-chair of Vanier Beautification, she's trying to keep Vanier from becoming a "victim of broken-window syndrome" in the hopes of keeping crime at bay.

In five to 10 years, federal election candidates will be vying for an entirely different Vanier, she said.

"Vanier is on the cusp," said Proulx. "It's the new Hintonburg. It's the new west end."

CANDIDATE PRIORITIES

Liberal - Mauril Bélanger (incumbent)
- Affordable housing
- Continue door-to-door Canada Post delivery
- Protect seniors' pensions

Emilie Taman, NDP
- Affordable childcare
- Focus on bridges linking Vanier to Quebec
- Eliminate transport trucks from downtown

David Piccini, Conservative
- Attract small businesses
- Safer Vanier streets
- Infrastructure, eliminate transport trucks from downtown

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"Native concerns, for me. From what I'm seeing now, Mulcair is the best option."
Bruce Ransom

"Native rights."
Kathy Johnston

"I like Trudeau. I grew up with his dad, in my time."
Joey Marion

"Keep it Conservative ... money for the families."
Louis Hebert

QUICKGUIDE: Ottawa-Vanier

The riding is home to both lower-income Vanier, a historically francophone area, in the south and, to the north, Rockcliffe, the wealthiest neighbourhood in Ottawa.

Population
103,687 (up from 101,611 in 2006)

Women
54,200

Men
49,485

Largest age group
20-24 years old (9,565 people)

Median age
40.5

Number of families in private homes
25,080

Single parents with children
5,655

Single female parents
4,720

English as mother tongue
49,455

French as mother tongue
28,400

Other languages
19,840 (150 people speak aboriginal languages)

Source: Statistics Canada Census 2011

1 The Vanier Grill
The neighbourhood diner has been serving breakfast and club sandwiches for more than 10 years.

2 Louis' Restaurant
The pizzeria is a highly acclaimed eatery on McArthur Avenue.

3 Touch of Style
The Montreal Rd. barbershop's striking graffiti wall is an area landmark.

4 Assumption School
The mural outside this catholic elementary school on Lévis Ave. reflects the area's aboriginal community.

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Liberals vow $190M care benefits hike

Justin Trudeau meets with supporters in Victoria, B.C. after his speech Thursday at Esquimalt-Saanich-Sooke candidate David Merner's campaign office.
CHAD HIPOLITO/THE CANADIAN PRESS

ELECTION 2015

Leader says expansion will have no impact on EI payments

Justin Trudeau directed his bid for the votes of middle-class families Thursday at Canadians needing to care for a sick loved one, promising that a Liberal government would ensure they have better access to financial support.

As prime minister, Trudeau said, he would commit $190 million to expand the compassionate care benefit — a pledge he said would have no impact on the amount Canadians pay in employment insurance premiums.

> **It's simply the right thing to do.**
> Justin Trudeau

"Too often folks are forced to leave their jobs and drain their personal savings to provide essential care," said Trudeau, speaking on the campaign trail in Esquimalt, B.C., on southern Vancouver Island. "That's not right."

Under the broadened Liberal program, Trudeau said benefits could be claimed by someone caring for an ailing family member over and above what they're able to provide in off-work hours, as well as by parents tending to a gravely ill child.

"It's an investment in our middle class but, more to the point, it's simply the right thing to do," Trudeau said. "Caring for each other is an essential part of what makes us Canadian."

Government documents disclosed under Freedom of Information laws reveal that different stakeholder groups — including the Canadian Cancer Society and the ALS Society — lobbied the Conservatives for changes similar to those being promised by the Liberals, including broadening eligibility requirements beyond only those in need of end-of-life care.

In its response section, the document said claimants could be eligible for a second period of compassionate care benefits if a loved one's illness subsided before returning later.
THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY

Stephen Harper: Itinerary unavailable.

Justin Trudeau, Tom Mulcair and **Elizabeth May** have no public events scheduled.

THE CANADIAN PRESS

ELSEWHERE YESTERDAY ...

- Prime Minister Stephen Harper campaigned in King Township, Ont., where he promised to expand the 15 per cent non-refundable adoption expense tax credit and make it fully refundable. He said a re-elected Conservative government would increase the credit to $20,000 from $15,000.
- NDP Leader Tom Mulcair was in Vancouver, where he touted his plan for $15-a-day child care in a region where costs for daycare space are among the highest in the country. Mulcair said his plan will ease the burden on women, who often have to choose between a career and their children, and that his plan would provide more than 110,000 affordable child-care spaces in B.C.
- Green Party Leader Elizabeth May held meetings in her riding of Saanich-Gulf Islands, B.C.

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CONSTITUTIONAL RIGHTS

Challenge to Bill C-24 launched

A new law that gives the federal government the power to revoke Canadian citizenship for certain dual nationals undermines the country's identity and violates its Constitution, a coalition of civil rights groups said Thursday.

The British Columbia Civil Liberties Association and the Canadian Association of Refugee Lawyers (CARL) said the rules that went into effect when Bill C-24 became law in May create a two-tiered system in which naturalized Canadians are treated as second-class.

The two organizations are launching a formal constitutional challenge of the law on the grounds that it violates the Charter of Rights and Freedoms.

The organizations take exception to the government's much-publicized position that the bill is necessary to protect Canada from terrorism, but have focused the charter challenge on many of the law's lesser-known clauses.

Vague stipulations about a new Canadian's intention to live here, plus changes to the procedure by which people can contest challenges to their citizenship, mean the bill could have an impact on millions more than Ottawa's intended target, they said.

"All Canadian citizens used to have the same citizenship rights no matter what their origin," B.C. Civil Liberties Association Executive Director Josh Paterson said at a news conference.

"We were all equal under the law. Now this new law has divided us into classes of citizens: Those with more rights and those — overwhelmingly immigrants to Canada and their children and grandchildren — who have fewer rights."

In rolling out the contentious bill, the federal government spoke openly about some of the new powers it would provide.

The new law allows Ottawa to revoke citizenship for anyone convicted of terrorism, treason or espionage offences inside or outside of Canada. The rules also apply to dual citizens who take up arms against Canada by fighting in a foreign army or joining an international terrorist organization.

Immigration Minister Chris Alexander has previously stated that the regulations are necessary to combat "the ever-evolving threat of Jihadi terrorism."

But the civil rights groups said other provisions, such as the "intent to reside clause," present more insidious threats.

CARL member Lorne Waldman said the ambiguously worded clause forces naturalized citizens to declare their intention to make Canada their permanent home, but leaves the door open to accuse them of misrepresenting their claims if they're out of the country for an extended period.

"This means that if after they obtain citizenship they wish to travel abroad for an extended period ... they face the prospect of having their citizenship revoked because they misrepresented their intention," he said.

Waldman also expressed concern over the new revocation process. He said people on the verge of losing citizenship previously had the right to a hearing in front of a judge, who would then decide their fate. Now, Waldman said, people are given 60 days to fight the revocation through a written submission, and the final decisions are made by government employees. THE CANADIAN PRESS

FAHMY CASE

Waldman also criticized Ottawa's stated purpose for Bill C-24, saying many terrorism convictions handed down outside of Canada are reached through dubious processes. He cited the example of Mohamed Fahmy, the Canadian-born journalist convicted of terrorist offences in Egypt during a trial that was internationally condemned as politically motivated and unjust.

Mazoza Allan, mother of Mohammed Allan, reacts to news that Israel's Supreme Court had suspended the detention order for her son. THE ASSOCIATED PRESS

Palestinian man ends protest fast

ISRAEL

Crisis over controversial force-feeding law averted

A Palestinian held without charge by Israel ended his unprecedented 66-day hunger strike Thursday, his lawyer said, after the Supreme Court ordered him released from detention.

The decision by Mohammed Allan to halt his fast appeared to avert a crisis over two controversial Israeli actions that threatened to unleash Palestinian violence as his health deteriorated. Allan's case tested a new Israeli law allowing fasting inmates to be force-fed, a measure that many doctors say amounts to torture. It also cast light on Israel's use of administrative detention — the holding of suspects in special cases for long periods without charge.

Allan, 31, ended his strike Thursday, according to his lawyer, Jamil Khatib, who added that his client was still in serious but stable condition in Barzilai hospital in the southern Israeli city of Ashkelon. He said it could take several weeks to determine how much Allan's health was damaged by the prolonged fast.

Allan, who lost consciousness Aug. 14, was showing "great improvement," said Dr. Hezy Levy. He had regained consciousness Monday, and he was said to have suffered some brain damage as a result of the fast.

"We took him off the respirator. He's no longer sedated," Levy said. "He is starting to communicate and I am happy that medically he is on the right path."

Levy said he hoped that Allan would soon start eating again on his own. Allan's body cannot yet process food after such a prolonged fast.

During his hunger strike, Allan was not force-fed, which entails inserting a feeding tube into his stomach. He was, however, given intravenous fluids, vitamins and nutrients as his condition deteriorated.

THE ASSOCIATED PRESS

> **I am happy that medically he is on the right path.**
> Dr. Hezy Levy

IN BRIEF

Israel denies wedding request by Hamas leader

Israeli authorities have denied a request by top Hamas leader Ismail Haniyeh to allow his three sisters in Israel to visit the Gaza Strip for his son's wedding. The Israeli defence body COGAT said Ismail Haniyeh's request was denied because of "Israeli humanitarian cases" in Gaza.

THE ASSOCIATED PRESS

YEMEN

Assassination bid kills four

A bomb attack in the governor's office in Yemen's southern port city of Aden on Thursday killed four people, security officials said. The governor and other officials present at the time were not hurt in the apparent assassination attempt.

Ten people were wounded in the blast in Gov. Nayef al-Bakry's office, police said. Al-Bakry, who oversees the Aden governorate, was holding a meeting with military and security officials at the time.

No one claimed responsibility for the attack and authorities were investigating, said the officials, who spoke on condition of anonymity because they were not authorized to talk to reporters.

Pro-government fighters took Aden in July, after driving out rebels known as Houthis who had seized it in the spring.

The developments came as Shiite rebels known as Houthis launched new attacks, after weeks of retreating as pro-government troops pushed north out of Aden.

THE ASSOCIATED PRESS

BACKGROUND

Yemen's fighting, which escalated in March, pits Houthis and troops loyal to former President Ali Abdullah Saleh against those loyal to President Abed Rabbo Mansour Hadi.

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CRIME

Pistorius's release awaits board decision

A review board has up to four months to decide whether and when Oscar Pistorius will be released from prison into house arrest, a spokesman for South Africa's justice ministry said on Thursday.

Two days before he was due to leave prison, Pistorius' early release was put on hold Wednesday by South Africa's justice department, which sent his case back to a parole review board. The athlete's release was approved eight months into his five-year prison sentence, when he should have served 10 months before even being considered for release, said justice department spokesman Mthunzi Mhaga.

Pistorius, the double-amputee Olympic runner, was convicted last year of manslaughter for killing his girlfriend, Reeva Steenkamp, in 2013.

Pistorius family spokeswoman Anneliese Burgess said in an email that no decisions have been made yet by the family.

"The family will take their time to calmly consider the way forward," Burgess wrote.

News of the postponed release came to the Steenkamp family as they held a beachside commemoration for Reeva Steenkamp on Wednesday, what would have been her 32nd birthday, said Jacqui Mofokeng, a member of the women's group who petitioned the justice minister to delay Pistorius' release.

"The mood changed," said Mofokeng, who was also part of a group of women who accompanied the Steenkamps during the trial. "They sent a number of messages to individuals to say, 'Thank you very much. This is a better birthday than last year.'"

THE ASSOCIATED PRESS

A youngster cools down in Bucharest, Romania, in July, when a heat wave affected large areas of the country with temperatures higher than 37 C. VADIM GHIRDA/THE ASSOCIATED PRESS FILE

2015 hottest on record

GLOBAL WARMING

Climate change 'accelerating:' U.S. weather officials

Earth just keeps getting hotter. July was the planet's warmest month on record, smashing old marks, U.S. weather officials said.

And it's almost a dead certain lock that this year will beat last year as the warmest year on record, they said.

July's average temperature was 16.6 C, beating the previous global mark set in 1998 and 2010 by about one-tenth of a degree, according to figures released Thursday by the National Oceanic and Atmospheric Administration. That's a large margin for weather records, with previous monthly heat records broken by a 30th of a degree or less.

"It just reaffirms what we already know: that the Earth is warming," said NOAA climate scientist Jake Crouch. "The warming is accelerating and we're really seeing it this year."

NOAA records go back to 1880. Separate calculations by NASA and the Japanese weather agency also found July 2015 to be a record.

The first seven months of 2015 were the hottest January-to-July span on record, according to NOAA.

The seven-month average temperature of 14.7 C is 0.72 degrees warmer than the 20th-century average and a twelvth of a degree warmer than the old record set in 2010.

Given that the temperatures have already been so high already — especially the oceans, which are slow to cool — NOAA climate scientist Jessica Blunden said she is "99 per cent certain" that 2015 will be the hottest on record for the globe.

The oceans would have to cool dramatically to prevent it, and they are trending warmer, not cooler, she said.

THE ASSOCIATED PRESS

VEHICULAR MANSLAUGHTER

Caitlyn Jenner to be charged in death

Sheriff's investigators plan to recommend prosecutors file a vehicular manslaughter charge against Caitlyn Jenner for her role in a fatal car crash on the Pacific Coast Highway in Malibu last February, officials said Thursday.

Investigators found that Jenner was driving "unsafe for the prevailing road conditions" because her SUV rear-ended a Lexus, pushing it into oncoming traffic, Los Angeles County Sheriff's Department spokeswoman Nicole Nishida said.

Jenner was hauling an off-road vehicle on a trailer behind her Cadillac Escalade on Feb. 7 when she steered to avoid cars slowing for a traffic light in front of her on Pacific Coast Highway.

Jenner's SUV rear-ended two cars, pushing a Lexus into oncoming traffic.

The Lexus driver, 69-year-old Kim Howe, was killed when her car was struck head-on by a Hummer. THE ASSOCIATED PRESS

PRESENTATION

Foods take on new rainbow of colours

Mozzarella cheese at Panera restaurants won't be as glaringly white. Banana peppers in Subway sandwiches won't be the same exact shade of yellow. Trix cereal will have two fewer colours.

Food makers are purging their products of artificial dyes as people increasingly eschew anything in their food they don't feel is natural.

But replicating the vivid colours Americans expect with ingredients like beets and carrots isn't always easy. In fact, General Mills couldn't find good alternatives for the blue and green pieces in Trix, so the company is getting rid of those colours when the cereal is reformulated later this year. The red pieces — which will be coloured with radishes and strawberries — will also look different.

Colours made from fruits, vegetables and spices, present more challenges than artificial dyes. In addition to costing more, colours from fruits and vegetables can be sensitive to heat and acidity. And since they're used in higher doses to achieve boldness, tweaks to other parts of recipes may be needed. Such adjustments can be tricky for companies that manufacture on massive scales.

THE ASSOCIATED PRESS

Trix cereal with artificial colours, left, and natural colours.
COURTESY GENERAL MILLS/THE ASSOCIATED PRESS

Greek PM quits after bailout deal rebellion

POLITICS

Sept. 20 is likeliest date for elections, officials say

Greek Prime Minister Alexis Tsipras resigned Thursday and called early elections, an attempt to get a new, stronger mandate to implement a three-year bailout program that sparked a rebellion within his radical left party.

In a televised address to the nation, Tsipras said his government got the best deal possible for the country when it agreed to an 86-billion-euro ($95-billion-US) bailout from other eurozone countries.

The rescue was all that kept Greece from a disastrous exit from the euro but came with strict terms to cut spending and raise taxes — the very measures Tsipras had pledged to fight when he won elections in January.

His U-turn in accepting the demands by the country's creditors led to outrage among hardliners in his Syriza party, with dozens voting against him during the bailout's ratification in parliament last week, which was approved thanks to support from opposition parties.

Tsipras has insisted that although he disagrees with the conditions of the bailout terms, he had no choice but to accept and implement them to keep Greece in the euro, which the vast majority of Greeks want.

With the country's finances now secured, Tsipras said he felt obliged to let the Greek people evaluate his work.

Tsipras had delayed a decision on whether to call new elections until after Greece received the first installment from the bailout and made a debt repayment to the European Central Bank, both of which it did Thursday.

"Now that this difficult cycle has ended … I feel the deep moral and political obligation to set before your judgment everything I have done, both right and wrong, the achievements and the omissions," he said in the address.

"The popular mandate I received on Jan. 25 has exhausted its limits."

THE ASSOCIATED PRESS

Alexis Tsipras, flanked by his aides, leaves the presidential palace in Athens after presenting his resignation on Thursday. LOUISA GOULIAMAKI/AFP/GETTY IMAGES

market minute

DOLLAR 76.45¢ (+0.17¢)

TSX 13,737.00 (-299.63)

OIL $41.32 US (+5¢)

GOLD $1,153.20 US (+$25.30)

NATURAL GAS: $2.755 US (+3.9¢)
DOW JONES: 16,990.69 (-358.04)

IN BRIEF

Shomi eyes wider base

Shomi, the streaming video platform from Rogers Communications and Shaw Communications is now available to all Canadians through their Internet provider, regardless of which TV service they use. Previously, Shomi was available only to Rogers and Shaw cable TV and Internet customers. New members get a one-month free trial. After that, it will cost $8.99 a month — the same price as Netflix.

CraveTV, a rival streaming service from Bell Media, is slated to open up to all Canadians on Jan. 1.

THE CANADIAN PRESS

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WEEKEND, August 21-23, 2015

THE KOHLER REPORT: ON INFANT INTERLOPERS

I don't think anyone enjoys excluding babies, but I do think a lot of people enjoy certain activities more when babies are excluded.

I woke up this morning wondering how I could alienate myself from all my friends who have children. And then it hit me: Write a column about how I don't want them to bring their children places. So here I am.

Earlier this week a Winnipeg mother attempted to bring her two-month-old son to an outdoor theatre to see the play Sister Act and was turned away due to the theatre's "no babes in arms" policy. The mum then went to the media crying foul. I say all is fair in love, war and Whoopi Goldberg-inspired theatre.

I don't think anyone enjoys excluding babies, but I do think a lot of people enjoy certain activities more when babies have been excluded. Plays, for instance. The dramatic arts are best enjoyed in an environment devoid of distractions, noise and "eau de poo," and the problem with babies is that all of those things are kind of their shtick. A baby is like a soft little boom box with no volume control that intermittently plays high-pitched noises. Frankly, Sister Act has enough of those on its own.

I was doing standup in a suburb north of Toronto a few months ago when someone showed up with their six-week-old daughter. I now know that a great way to ruin a good abortion joke is to have a tiny heckler punctuate it with several goo-goos and ga-gas.

I'm pretty easygoing about babies in most situations. I like babies. But what about that whole "There's a time and a place" thing? What if I showed up to a Gymboree Play & Learn and started doing shots in the corner? How would that go down?

It's pretty hard to talk about this without feeling like a very bad person. Nobody wants to resent a baby, except maybe their older sibling. And I admit that I don't have kids so I don't know what it's like to really, really, really want to see Sister Act in an outdoor theatre in Winnipeg and not be allowed to. I can only imagine the sorrow.

I'm not saying your baby isn't important (I believe that children are our future), but why should your and your baby's happiness override that of others?

Maybe one day I will have a baby and I'll reread this column and dislike myself greatly. Maybe I'll try to go somewhere with my baby and be turned away. Maybe I'll be angry and go to the news station or maybe I'll say to myself, "Relax, Rebecca. There's lots of other stuff you can do with your baby. You can go to Chippendales another time."

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

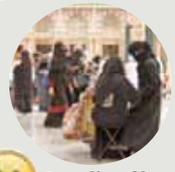
The Ashley Madison leak: Violation or case of karma? Visit metronews.ca to answer our poll.

Happy face / Sad face

From **sexy soirées** to **invading insects,**
Metro weighs in on the news making headlines this week

An accessible orgy

In some ways it was like any other sex party in Toronto: booze flowing, burlesque dancers dancing and a performance artist painting in the nude. But this sold-out show offered something different: hydraulic lifts and harnesses to help people get in and out of wheelchairs, and free entry to personal support workers. As far as the organizers know, Deliciously Disabled was the city's first sex party specifically for people with disabilities, and it provided both X-rated fun for those involved and a reminder to everyone that disability and sexuality aren't mutually exclusive. SOURCE: VICE

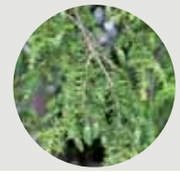


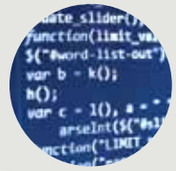
Saudi suffrage celebration

In a seriously belated suffragette-style victory, the first Saudi Arabian women have registered to vote in local elections. They'll also be able to stand for office for the first time in December. Local feminists are now leading a drive to register women to vote, and the newly named King Salman is gaining international praise for approving the measure, despite the late date. Amidst all the cheering, some Saudis see suffrage as a "Western intrusion" — and women are still not allowed to drive themselves to the polls. SOURCE: AL JAZEERA

Woes in the woods

One of Canada's most beautiful trees — the emerald-green eastern hemlock — is "in intensive care," says a paper in the journal Science. Its enemy: a pinhead-sized Japanese insect, the hemlock woolly adelgid. It has infested more than half the hemlock's territory and kills almost every tree it attacks. Insecticides are expensive and labour intensive. Scientists may release a predator to eat the adelgid or breed hemlocks resistant to it. It's unclear if either can be done before the forest is emptied of an icon. SOURCE: SCIENCE





Decoding discrimination

Smart software can do a reasonable imitation of a human worker, even evaluating job applications and making loan decisions — but it turns out it's copying our flaws as well. Algorithms meant to eliminate discrimination may be replicating it instead, according to a new paper presented at an Australian data-mining conference. Researchers wrote a code that predicted applicants' race and gender based on the data used by a resumé-scanning program, which was apparently picking up on things like street names and applicant names, leading to unfair generalizations. SOURCE: GIZMODO

ROSEMARY WESTWOOD

metroview

A book that makes you change the way you think, forever

Ta-Nehisi Coates tweets a lot lately about video games.

He tweets opaquely about video games. Example: "Pool of Radiance series is the best of the 80s old school joints. Those who disagree are base enemies of humanity."

Some of his followers openly wonder if his Twitter feed has been hacked. It has not.

The expectation is that the man who wrote Between the World and Me — which will be dubbed the most important book of the year/decade and can be found in the hands of Barack Obama and the pop singer JoJo — must tweet with the same gravitas with which he writes books: Burdened and proud, poetic and purposeful. And possibly only about race.

But it would be a mistake to think that if you read his book (everyone is reading his book) you will know him. That is never true.

The payoff is different, and better. You will understand, in as much intimacy as is possible, what life is like for a black man, if you are not one.

That is no small thing.

You will also find in a slim white book a heavy and disorienting theory of race, how it is inexplicably tied to the American (or capitalist) dream, and how small we all are in the face of that myth.

Destructive, too, because it's one of those books that doesn't let you go back to the way you used to think. It destroys your previous understanding of race and explains why, to quote Coates, there is no post-racial America and there will never be, unless the concept of "America" itself is destroyed.

No, it's not light summer reading. Yes, you should get a copy.

Probably, the book is most important for black Americans, and maybe black Canadians, and other so-called non-whites.

But I am a so-called white woman, and it is also an important book for me. Coates charges that in order to stop the oppression of black people, white people have to stop thinking they're white. We have to recognize that "whiteness" and racial hierarchies at large were created so that some people could exploit others, and that there is actually no biological basis for race (a basic fact, and part of why Rachel Dolezal was so fascinating).

I spend my days flitting about from article to article, one thin idea to the next. I often feel parched for depth, but can hardly seem to finish a book these days. I often think it's my fault.

But I read Coates' book in a weekend.

It's engrossing, beautiful and painful. Not very long, anything but thin.

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metro LIFE
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"I have secretly over the last several years been viewing pornography on the Internet and this became a secret addiction and I became unfaithful to my wife.
- Josh Duggar, whose name was in leaked Ashley Madison database

Sinister 2 shtick far too slick

SCARY MOVIES

Glossy production makes horror hard to believe

IN FOCUS
Richard Crouse

When was the last time you were freaked out by a Hollywood movie?

I can admit that It Follows and Unfriended raised a few goosebumps and I recall a Saturday matinee screening of Paranormal Activity that was the first and only time I have ever heard anyone actually scream in a theatre. I don't mean a quiet whimper followed by an embarrassed laugh or a frightened little squeal. I mean a full-on, open-throated howl of terror.

But these days it seems to me those moments are becoming fewer and further between. Zombies have gone mainstream, vampires now sparkle in the sun and werewolves have hipster hairdos.

I find the news more upsetting than most mainstream monster movies.

A recent re-watch of In Cold Blood gave me a jolt unlike any recent traditional gore fest.

It's not a horror film in the conventional sense, but because it's a true story of a senseless murder, it sent shivers down my spine.

A new film this weekend, the haunted home-movie tale Sinister 2, can only be called a horror movie because it is so poorly made. It is terrifyingly badly made but there is nothing that will actually give you nightmares, and isn't that the whole point?

George Mihalka, director of My Bloody Valentine — a movie Quentin Tarantino calls his all-time favourite slasher film — agrees that conventional horror is in a rut.

"As long as mainstream horror focuses on glossy monsters and the perfectly backlit villain and stylish gore shots that could pass for TV commercial beauty shots where blood and victims are interchangeable with beer and models, there is nothing left to fear," he says.

"An honest well-developed character is the reflective mirror that conveys the reality of the monster, villain, serial killer, ghost, zombie or vampire. If there is no truth or reality in the performance we cannot truly believe in the menace. We are left as numb, detached voyeurs of slick boogeymen or at best rooting for them to kill off the annoying bad acting of interchangeable pretty plastic people."

Horror hero and Rue Morgue editor-in-chief Dave Alexander agrees that much Hollywood horror errs on the safe side, but says there are still thrills to be had at the movies.

"Foreign and indie horror movies — those titles that play genre festivals — are the most exciting and innovative because they're not as bound by the Hollywood business model that favours remakes, sequels and chasing trends.

That said, there are still chills to be had at the multiplex when a breakout title with an original concept comes along — one of the best recent examples being It Follows."

Chris Alexander, editor-in-chief of legendary N.Y.C.-based horror and dark fantasy film culture magazine Fangoria says "real horror has always thrived in the mainstream and elsewhere. Always will."

"Throughout horror history, there have always been 'lite' versions of more palpable big-screen terrors. From the various monster comedies of the 1940s (how many times did Bela run afoul of Bowery Boys and Brooklyn Gorillas?) to Abbott and Costello romps to The Munsters. And Dark Shadows was a vampire soap opera that romanticized vampires for lonely housewives.

"Horror in the mainstream has long been a gateway drug for young people and, if they are affected and obsessed by the films they see with their pals on a Friday night, they'll likely begin the endless quest to 'chase the dragon' and find darker terrors, which are in large supply, internationally. If it wasn't... I'd be out of a job!"

There is nothing to give you nightmares in Sinister 2 — expect maybe how bad it is, writes Crouse. HANDOUT

MOVIE RATINGS by Richard Crouse

Mistress America	★★★★
Fort Tilden	★★★★
Sinister 2	★
Hitman: Agent 47	★★
American Ultra	★★★
Bang Bang Baby	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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Death of Swan, rise of Stewart

KRISTEN STEWART

American Ultra proves she's a terrific actor

Matt Prigge
Metro in New York City

ALL PHOTOS: GETTY IMAGES

Panic Room, 2002

The Runaways, 2010

Clouds of Sils Maria, 2014

Before she scored the Twilight gig, Kristen Stewart was simply a young actress. She was a child performer, just like Jodie Foster, who played the mother of her tomboyish teen in Panic Room. Among her first wave of raves was for a small but key role in Into the Wild — a turn that acclaimed French filmmaker Olivier Assayas (Carlos) said made him want to work with her. Assayas would belatedly cast Stewart in Clouds of Sils Maria, which netted her a Cesar — the French equivalent of the Oscar — for best supporting actress earlier this year. She was the first American to get the trophy.

Around the time of Into the Wild's release in fall of 2007, Stewart landed the coveted role of Bella Swan in Twilight. After that her life was never the same, and not exactly for good. Her existence became a non-stop surveillance hellsuck, her every move documented, her dazed talk show appearances obsessively scrutinized, her sex life salivated upon by every publication. Most one-on-one interviews dwell on her fumbling but usually failed attempts to seem invisible as she walks among us.

What's worse, her brand seemed to suffer. Critics and non-Twi-hard audiences quickly turned to pouncing on Stewart. She still did indies and artier fare, but she was now The Girl from Those Movies — a starlet with unkempt hair and a perpetually open mouth trying in vain to score some cred. Right now it's surprising that Stewart — it should be said deservedly — won a fancy European acting award, and for a movie that's 80 per cent her onscreen with no less than Juliette Binoche. But it shouldn't be surprising. Stewart has always been a unique screen presence — a thespian of great subtlety who communicates razor-sharp intelligence with very tiny movements across her face.

As she got older, and both more used to and more annoyed with her 24/7 public life, Stewart has become more articulate, more bold, more confident and more easily vexed, especially when it comes to her privacy. She hasn't changed up her performances, though. In Clouds of Sils Maria, in which she plays the weary but loyal personal assistant to a frenzied actress played by Juliette Binoche, she still speaks her lines in a disaffected drawl. But especially when paired with Binoche, with whom she clicks like they were an old married couple, one can sense the intention of each line — the way she's in complete control of the way words come out of her mouth.

Stewart's Sils Maria turn is, in effect, "the Kristen Stewart performance" — roughly the same remote, alto-heavy approach seen in Into the Wild and Adventureland, plus other indies like Welcome to the Rileys (in which she's a prostitute to James Gandolfini), The Yellow Handkerchief (a road trip saga with her, William Hurt and Eddie Redmayne), The Runaways (doing a mean Joan Jett) and On the Road.

This week sees the release of American Ultra, which is a stoner action-comedy sort of in the vein of Pineapple Express. Jesse Eisenberg plays a sleeper agent-turned-burner who doesn't remember he has Jason Bourne moves until they're awoken. Stewart plays his equally toking girlfriend who helps him as they escape, and in his case often brutally kill, government agents wanting him dead.

She does a lot with very little. She's not particularly funny, nor is she asked to be. She's the film's rock — the power that gives it more weight than it perhaps deserves. This shouldn't be surprising, and it shouldn't be think piece-worthy. After all, she has a Cesar.

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THE TV DINNER JESSICA ALLEN

‘But what about Museum Mile?’ I asked Greta Gerwig. Where does one economically refuel on the Upper East Side after hours of looking at art?

Designers Charles and Ray Eames were a couple who creatively collaborated with great success. In film, however, similar collaborations don’t always have Hollywood endings: Vincente Minnelli directed Judy Garland; Woody Allen directed Mia Farrow; Guy Ritchie directed Madonna; and Noah Baumbach directed Jennifer Jason Leigh in Margot at the Wedding.

Baumbach separated from Leigh, his partner of nine years, in 2010 after he directed Greenberg, which co-starred Ben Stiller and Greta Gerwig, with whom he is now in a relationship.

A few years later, Baumbach and Gerwig co-wrote Francis Ha, which he directed and she starred in — a collaboration they’ve repeated with Mistress America, which opens Aug. 21, in Toronto and in other Canadian cities a week later.

Tracey (Lola Kirke) is a lonely college freshman. Her soon-to-be stepsister Brooke (Gerwig) enters the Manhattan-based picture and shakes things up with her spirited, yet peculiar, brand of adventure.

After the film premiered at Sundance, Variety said it was “one of Baumbach’s warmest and purely funniest films,” which may be on account of Gerwig. Her performance “confirms (her) as one of the great, fearless screen comediennes of her generation,” they wrote, “a tall, loose-limbed whirligig who careers through scenes with the beatific ditziness of a Carole Lombard or Judy Holliday.”

THE MOVIE: Mistress America

THE MEAL: Club sandwich with fries

And through life, too. I met Gerwig when she was in Toronto promoting Damsels in Distress during the 2011 Toronto International Film Festival. Hotel room junkets must have been relatively new and nerve-racking for the actress — as they were for me. In fact, Gerwig’s junket was my first.

I don’t remember details of the interview, other than that she was reading a novel when I entered the room. But I do remember what happened afterwards — and not the bit about how we lost the video footage: I’m talking about when I walked outside the Ritz Carlton and lit a cigarette.

Gerwig sat down beside me and asked for a light. She fumbled with the lighter — like Buster Keaton might, if he were wearing Prada — for minutes. After talking about restaurants in Toronto, Gerwig plucked my notebook and pen from my bag and began to write a list of New York eateries I should visit.

SriPraPhai in Queens, Murray’s Bagels on 6th Ave and, of course, the Burger Joint hidden inside the Parker Meridien. “But what about Museum Mile?” I asked her. Where does one economically refuel on the Upper East Side after hours of looking at art?

Gerwig told me about Soup Burg, a diner at East 77th Street and Lexington, which for the next three years became my club sandwich-with-fries pit stop after gazing at Greek art and Gauguins.

The last time I went to grab a post-museum lunch in 2014, Soup Burg had unceremoniously closed its doors. It was a collaboration, of sorts, that I wish hadn’t ended.

Jessica Allen is the digital correspondent on CTV’s The Social.

MOVIE BRIEF

JLaw tops big bucks list

Forbes Magazine has released its annual list of the 50 highest-paid actresses, with Hunger Games star Jennifer Lawrence topping the list. Lawrence earned $52 million pre-tax over the last 12 months.

Scarlett Johansson was second, with a revenue of $35.5 million. Melissa McCarthy has amassed $23 million, earning her the third spot on Forbes’ list.

The only non-American actress to feature on the list was Chinese actress Bingbing Fan, who came in at No. 4.

The list also brought with it a very telling statistic. Compared to the highest-paid male actors list, the women’s combined earnings came in at $660 million less, confirming the gender-based pay difference in Hollywood. AFP

Jennifer Lawrence GETTY IMAGES

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Family comes first in zombie spinoff

FEAR THE WALKING DEAD

Actress feared being in show about the undead

It took several pitches to get veteran actress Kim Dickens to consider auditioning for Fear the Walking Dead, the L.A.-set prequel to The Walking Dead.

The Deadwood and Sons of Anarchy star says showrunner Dave Erickson and director Adam Davidson had to cajole her into considering the project, and once she examined the script she was seduced by "the greatest character ever."

"My instinct was at first, like, 'I don't know, I don't think I'm right for that one, that genre,"' Dickens says in a recent phone interview from Los Angeles. "I felt the same way about (watching) Game of Thrones — 'Oh, fantasy is not really my genre' — but I love it so much. You just get drawn in by these well-drawn characters that are so great. It's definitely the appeal of The Walking Dead, too, the combination of the genre with the wonderful writing."

Dickens plays Madison, a widowed mother to two teens — one of them a junkie who can barely survive adolescence, let alone a mysterious viral epidemic that seems to turn sufferers into snarling cannibals.

Cliff Curtis co-stars as Madison's boyfriend Travis, a divorced father whose teenage son is reluctant to join his new blended family.

In charting the origins of The Walking Dead's apocalyptic onslaught, Erickson says he was keen on crafting a family drama — albeit with zombies — that a broad audience could sink their teeth into.

"There was something interesting to me about a dysfunctional blended family that's trying to come together and failing to do so," Erickson says by phone, also calling from L.A. "And then the great irony of the show is the only way they come together is through the apocalypse."

Despite shared DNA with the Georgia-set The Walking Dead, this is a different show, with "a different kind of tension," he continues. "Tonally, we wanted to play the shark you don't see — we wanted to play the anticipation and the paranoia that goes along (with) living ... in a major city," says Erickson.

Fear the Walking Dead debuts Sunday on AMC.

THE CANADIAN PRESS

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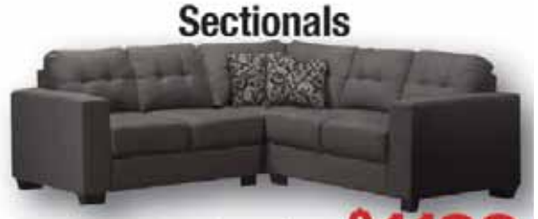
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Fear the Walking Dead debuts Sunday on AMC. HANDOUT

> **There was something interesting about a dysfunctional blended family that's trying to come together and failing to do so.**
> Dave Erickson, showrunner

Greta Gerwig, centre, is seen as one of the most authentic actors of her generation. HANDOUT

Scatterbrained is all just an act

GRETA GERWIG

Writer and star of Mistress America wants to direct next

Greta Gerwig is sitting in a Greenwich Village café trying to explain how she goes from being fully enmeshed in creating a film — co-writing it, producing it — to stepping into the story and inhabiting a character.

"My job is to almost get a bit unconscious about the whole thing," says Gerwig. "It's an odd paradox of completely knowing what you're doing — the language is in you, it makes sense — and also feeling like you're riding something but you don't have control of the speed."

She pauses. "I keep thinking of a jet ski. I don't know why."

Mistress America is the second film Gerwig has co-written with director Noah Baumbach, who is also her boyfriend of several years. Together with Frances Ha, the two movies have established a wider view of Gerwig, already seen as among the most authentic actors of her generation.

Mistress, an '80s-movie inspired farce, and Frances, a French New Wave-inspired tale of 20-something struggle, prove that Gerwig is as deliberate as she is intuitive. Though her sincere, confused characters have the messy blurred lines of life, that doesn't mean they aren't finely drawn.

"She's broadening the scope of what she's doing," says Baumbach, who first cast her alongside Ben Stiller in Greenberg before the two became closer while making Frances Ha. "She's a real voice. It wouldn't be wrong to say she has an authorial voice before she's actually directed a movie."

But as Gerwig said in her recent interview, "That, sir, is in the works today." She's finalizing plans to direct a screenplay she wrote called Lady Bird that's set in her hometown of Sacramento, Calif. She'll shoot it in March, with Scott Rudin producing.

So, by jet ski or whatever watercraft metaphor you like, Gerwig is on the move. Mistress America was conceived around Gerwig's character, Brooke, a 30-year-old whirlwind of truly felt but poorly planned ambitions. Her intoxicating orbit draws in Tracy (Lola Kirke), her stepsister to be, a freshman and budding writer at Barnard College (where Gerwig also went).

Like Baumbach's last film, While We're Young, and Frances Ha, much of the drama comes from characters growing into or accepting their place in life.

THE ASSOCIATED PRESS

INTERVIEW

Baumbach on writing strong roles for women

Matt Prigge
Metro in New York City

Collaborating worked out on Frances Ha, so writer-director Noah Baumbach and writer-actor Greta Gerwig — also a couple in real life — decided to do it again.

The result is Mistress America, a look at the friendship between Gerwig's flighty New York gal and an impressionable freshman played by Lola Kirke. They even made the second half a lengthy screwball comedy set piece — a sequence that was tricky for the actors as well as Baumbach.

While We're Young and Mistress America concern young people who run into trouble when it comes to using real people for their art.
Those are similarities I've become more aware of doing interviews than I was when I made them.

Both of them are about idolatry and what you put on a person, what you make them out to be, even if that isn't necessarily what they are.

It's also interesting to see a film about a woman idolizing another woman. It's usually the man idealizing a woman.
On Frances we had explored a friendship between women that had no reliance on a male. Frances is about figuring stuff out, but it had nothing to do with failing in love. That was something that at the time we were less aware of until we finished the script. Like, "Oh, that's cool, it's not about a guy helping her figure it out. It's about figuring it out on your own, with other women."

In this we wanted to keep ... exploring a central female relationship. I think there is something about friendships between the same sex, particularly with a young girl, when you're looking up to someone you think you want to be.

How much do you think it helps having a female co-writer when it comes to writing female characters?
The thing about writing is you only have to understand up to a point what you're representing. Whether it's a woman writing a man or a man writing a woman, or if you're writing someone from a different ethnicity or a different age, on some essential level it doesn't mean you have to be that person.

"It's not about a guy helping her figure it out. It's about figuring it out on your own.
Noah Baumbach on Frances Ha and Mistress America

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BUY LOCAL

Everyone benefits

There has been a major push for consumers to buy and shop locally across North America.

It makes sense from an environmental standpoint — the less distance your food and other products travel, the better. But buying local also has a number of other benefits, namely helping out your local economy.

Here in Ontario, the Local Food Act, the first of its kind in Canada, was established in 2013 to both support and create awareness of Ontario-grown and raised food products. Premier Kathleen Wynne has also challenged the province's agri-food sector to double its growth rate and create 120,000 new jobs by 2020.

Mark Kaluski, vice-chair of the Ottawa Council of Business Improvement Associations (OCOBIA), says it's significant when a consumer decides to buy local.

SHUTTERSTOCK

"It means that the income generated by the business tends to stay in the local economy, instead of profits being sent to a head office in another location," he says. "Local entrepreneurs hire locally, use local services, contribute to the local tax base and reinvest right back into our economy."

Kaluski says, aside from the obvious economic benefits, there are a number of personal benefits customers seeking out local products can also enjoy.

"I find that customers appreciate getting to know the business owner — they make a connection and it can create a more friendly interaction. People also feel rewarded when they know whose business they are supporting. They might also benefit from an owner who knows the quirks of the local market by having a better understanding of local consumer tastes."

– Jen Traplin

INTERACTIVE

Check out the Just Food Buy Local Grow Local Food Guide, an interactive guide that lists farms in eastern Ontario and western Quebec, as well as businesses that support local farmers, like restaurants and retailers. To access the guide, visit justfood.ca.

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OTTAWA'S NATURAL CHOICE

Since 1978, Rainbow Foods has been offering Ottawa residents a dizzying assortment of local products, from organically grown heirloom tomatoes to handmade, natural soaps.

For more than three decades, the company has been working hand in hand with local producers. And when the company says local, it really means it.

Whether it's providing a venue for a Perth-based farmer to showcase his goods, or suggesting ways a new body care manufacturer from the Outaouais can best market her product in a retail setting, the team at Rainbow Foods is constantly looking for ways to work with producers who live and work in the Ottawa region.

"Local has just always been a natural thing for us," says co-owner Sarah Kaplan. "And I like to think we've developed a reputation in our community for sourcing really high-quality, sustainably developed products for our customers."

Sarah's husband, Mischa Kaplan, who runs the company with his wife, suggests that Rainbow Foods has earned a high degree of trust amongst consumers.

"I think people have a lot of faith in us," Mischa says. "And they know that our interest in locally made products is part of what makes our company so connected to our community."

So whether you are searching for organic vegetables, artisan cheese, gluten-free carrot cake, or take-out vegetarian sandwiches, pop into one of the two Rainbow Foods locations to discover one of Ottawa's widest selections of local foods and natural health products.

For more, see rainbowfoods.ca.

REDISCOVER THE BYWARD MARKET

The days may be getting shorter, but there is still plenty of summer left to celebrate in the beautiful and historic ByWard Market.

Although businesses and the outdoor market are officially open year-round, including on most holidays, now is the time to rediscover the ByWard Market and support local businesses, artisans and growers while enhancing your shopping experience through family programming.

The area is home to more than 500 businesses, including world-class restaurants, boutiques, salons, galleries, museums, nightclubs and more, as well as stands that offer outstanding and affordable food, crafts and flowers.

A number of new vendors have joined the ByWard Market since last year, adding to the array of products available, including locally designed clothing, unique home accents, beautiful wool dolls and a delicious assortment of local food like kohlrabi, blue corn flour, ewe's milk ice cream, melon, wine, and champagne grapes.

You can also head over to the Authors' Market, an outdoor stand where, on certain days, you can discover new books and meet some of the local talents. There is still plenty of time to visit the stands as several vendors will be present until the end of October.

CONTRIBUTED

Starting this Sunday afternoon, and running every Sunday until Sept. 13, is the Sunday Stories program, a free event for the entire family, featuring children's stories (in both French and English) in the Clarendon courtyard. There will also be wagon rides and a Time Travel Trail guided tour by The Haunted Walk of Ottawa with pickup at William Square.

BYWARD MARKET BIA PHOTO

Don't miss the outdoor vendors' annual corn roast on Aug. 30 from 11:30 a.m. just outside of ByWard Market Square where cobs will go for $1.

Catch a glimpse of the ByWard Bear, a gorgeous, but nameless, wooden sculpture, carved at last year's Harvest Festival. Find the bear and post a selfie with your name suggestion on social media using the hashtag #namethebear for a chance to win a ByWard Market gift basket stuffed with ByWard Market goodies.

For more, visit byward-market.com.

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Oasis beyond The Strip

Las Vegas lures visitors from around the world with its bright lights, gambling and flamboyant shows. But even the most die-hard revellers can get worn out from the never-ending party on The Strip. Two of the top destinations for Vegas visitors who need a break are just 30 minutes to the southeast at the Arizona-Nevada state line: Hoover Dam and Lake Mead.

THE ASSOCIATED PRESS

1 Hoover Dam

Built between 1931-36, Hoover Dam is an architectural marvel, considered one of America's seven modern civil engineering wonders.

The dam spans 379 metres across Black Canyon and rises 221 metres from the Colorado River.

But like the Grand Canyon or Niagara Falls, Hoover Dam is a sight — albeit man-made — where descriptions or pictures don't do it justice; it's something that has to be seen to truly appreciated.

The view from the road is unimpressive, but once you look over the edge to the sliver of river below, expect your breath to be taken away. The view from the O'Callaghan-Tillman Memorial Bridge above the dam — accessed from a parking lot on the road to Hoover Dam — also is spectacular and looking back toward the deep blue water of Lake Mead isn't bad, either.

The visitor centre offers interesting details about the dam's history, but to get a true appreciation, take the tour to see the inner workings.

A quick warning: The large elevator can be crowded and there are warnings about claustrophobia. The trip is short, though, and the friendly guides tend to ease the tension during the 161-metre ride down.

The 30-minute guided power plant tour includes viewing the nine-metre penstock pipes, which control the flow of water, along with massive generators and access to the visitor centre. The hour-long dam tour has the same elements, but visitors also get to explore the various tunnels throughout the dam and peer out the air vents facing the downstream face.

Online: usbr.gov/lc/hooverdam

ISTOCK

2 Lake Mead

At full capacity, Lake Mead is the largest reservoir in the United States. It hasn't been at capacity in decades, though, with water levels dropping more than 60 per cent due to drought conditions in the Southwest.

Even with low levels, Lake Mead is still one of the largest man-made lakes in the country — and there's plenty to do. During the summer, the main attraction is the water: boating, water skiing, jet skiing, swimming, fishing, house boating.

A warning here, too: This is the desert, so it gets very hot during the summer. Park rangers urge people not to hike after 8 a.m. and to bring along plenty of drinking water.

The lake has nine developed areas, though the boat ramps at Las Vegas Bay, Government Wash and Overton Beach are closed due to low water levels. Las Vegas Boat Harbor, Callville Bay Resort and Temple Bar Resort & Marina have boat rentals, stores and restaurants.

The park has nine wilderness areas and numerous campgrounds dotting the shoreline, including some that back right up to the water.

Though most of the nearly seven million visitors to Lake Mead come during the summer, other times of year offer activities like hiking, biking, off-roading, camping and fishing.

The low water levels have revealed new beaches and coves, along with a few new sights, including the ruins of St. Thomas, an Old West town that previously had been submerged. Divers also can see the remnants of a B-29 Superfortress that crashed into the lake in 1948.

Online: nps.gov/lake/index.htm

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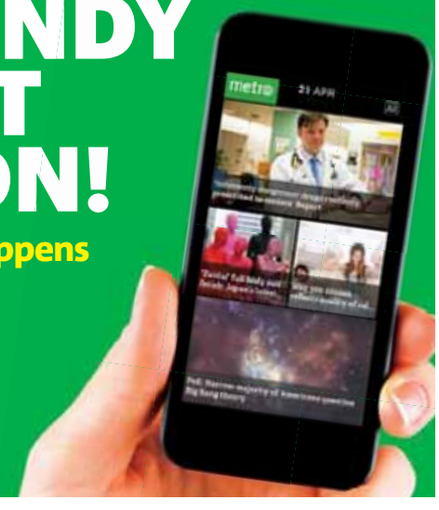

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Tiger Woods opened the Wyndham Championship with a 64, his best round in two years

IN BRIEF

Giants acquire Byrd to help banged-up outfield

The San Francisco Giants acquired outfielder Marlon Byrd and cash Thursday from the Cincinnati Reds to boost their injury-plagued outfield.

A day after losing out on second baseman Chase Utley, whom the Phillies traded to the NL West-leading Los Angeles Dodgers, the defending World Series champions made their own move to boost an outfield that has dealt with injuries to all three starters: Angel Pagan, Nori Aoki and Hunter Pence.

San Francisco trails L.A. by two games.

THE ASSOCIATED PRESS

Raptors sign Valanciunas to $64M extension

The Toronto Raptors have signed Jonas Valanciunas to a multi-year contract extension.

The deal announced on Thursday is worth a reported $64 million US. Valanciunas tweeted that the deal was for four years.

The seven-foot Lithuanian centre averaged a career-high 12.0 points last season, with team highs of 8.7 rebounds and 1.2 blocks. THE CANADIAN PRESS

Jonas Valanciunas
TORSTAR NEWS SERVICE

Josh Donaldson for AL MVP ... 'Who else?'

MLB

Third baseman has led Jays into playoff contention

Among the favoured expressions of Blue Jays' outfielder Jose Bautista is a kind of practiced incredulity. Suggest for instance that Mike Trout is the consensus frontrunner for American League MVP and you will be met with a sharp, quizzical glare.

"What?" he shot back at on Wednesday. "Says who?"

The notion that Trout, the Angels' 24-year-old centre-fielder, is the favourite to win his second MVP in as many years is a foreign one to Bautista. "I don't know where you're making that assertion from," he said. "I would be surprised if he was."

It's no surprise whom Bautista believes is most deserving of the title.

"Josh Donaldson," he said. "No doubt. Who else?"

For Bautista, not only is his teammate the frontrunner, he's the only one in the race.

"If the season ended today, he should be the MVP. There's no doubt in my mind. There shouldn't be a doubt in anybody's mind, no offence to any other player."

Josh Donaldson and Mike Trout each had 33 home runs as of Thursday afternoon. ROB CARR/GETTY IMAGES

With the Blue Jays opening a three-game series against the Angels this weekend, the MVP debate will be in the spotlight as Donaldson and Trout face off for the first time since May.

With all due respect to Bautista, it is a true, two-horse race. Donaldson and Trout have 33 home runs apiece and they are both hitting just a shade under .300. Trout has a higher on-base and slugging percentage, but Donaldson has scored and driven in more runs. According to various metrics, Donaldson has been the better defensive player this season, while Trout adds more value on the basepaths and plays a tougher position.

6.7

According to Fangraphs, Trout has a wins above replacement value of 6.7, while Donaldson is at 6.6.

"We could talk about Trout until we're blue in the face," said Jays centre-fielder Kevin Pillar. "We all know he's the best player in the world. What he does is incredible for how young he is and how talented he is. But you look at the bigger picture of what Josh has meant to this team and where this franchise is at for the first time in a long period of time, you've got to take that into consideration."

Do you? That's at the heart of the debate. What does "most valuable" mean? If the Jays win their division and the Angels don't, is Donaldson more deserving? No definition is given to the 30 baseball writers — two from each American League city — who vote on the award. For some, it's strictly a matter of individual achievement. It should be given to the league's most outstanding player, period, regardless of team performance. For others, a player's value is relative to his team.

"What defines an MVP? I guess it's if you take that guy out of the team it changes the complexion of the team," said Jays catcher Russell Martin. "Who has the biggest impact on their team? It's always going to be debatable. It's kind of hard to compare an outfielder to a third baseman."

TORSTAR NEWS SERVICE

TRACK AND FIELD

De Grasse off to face fastest men on planet

When Usain Bolt was sprinting to three gold medals at the 2008 Beijing Olympics, Andre De Grasse was 13 years old and dreaming of playing in the NBA. He grew up playing soccer and basketball. He could rattle off the names of the best players in the English Premier League. He loved Toronto Raptors star Vince Carter.

It's not that De Grasse didn't know who Bolt was, it's more that he didn't really care about the double world record-holder.

Things haven't changed much as the 20-year-old from Markham, Ont., gets ready to line up this weekend against the best sprinters on the planet at the world track and field championships in Beijing.

"I don't think he's going to be rattled getting in the blocks against Tyson (Gay, a three-time world champion) or Bolt," says his Canadian coach Tony Sharpe. "He never talks about (Justin) Gatlin, Bolt, (Asafa) Powell. Never. Being a little naive about who's around you sometimes can't hurt. Takes away some of that nervous pressure.

Usain Bolt
GETTY IMAGES

"But there's something beyond that with Andre in terms of competitiveness, that can't be ever coached or taught."

It's that inexplicable "something" that saw De Grasse win the 200 metres at the Pan American Games last month in Toronto, despite running out of Lane 8 and in his sixth race in three days.

And while reaching the podium in Beijing might be a tall order for De Grasse, who's coming off a busy Pan Am schedule and a long NCAA season, Sharpe would never count out Canada's new face of sprinting who has rocketed up the world rankings since Sharpe spotted him as a Grade 12 student in a high school meet at York University. The 100-metre final is Sunday. De Grasse isn't running the 200 but will compete as part of Canada's 4x100 relay.

THE CANADIAN PRESS

Ontario native Andre De Grasse grew up dreaming of the NBA, but has made his mark on the track. EZRA SHAW/GETTY IMAGES

Spain remains a duopoly

LA LIGA

Expectations higher than ever for Barca and rival Real

After a quiet summer for the Spanish league marked by famous farewells instead of lavish outlays, two coaches could take centre stage as Barcelona opens its title defence this weekend with Real Madrid again the main challenger.

Luis Enrique led Barcelona to a rare sweep of the league, Champions League and Copa del Rey titles last season in his first season in charge, but his ability to motivate the team is now being questioned after Athletic Bilbao dealt the team a 5-1 aggregate loss in the Spanish Super Cup.

Barcelona will get a chance to avenge that result come Sunday when it starts the Spanish league season in Bilbao.

"It will be a tightly contested league, but we have to be optimistic," said Luis Enrique. "I see my team as convinced. We want to keep giving our fans reasons to celebrate and to continue being the team the world admires."

Rafa Benitez will make his competitive debut as Madrid's new manager at promoted club Sporting Gijon Sunday. Benitez inherits a star-studded squad led by Cristiano Ronaldo, but the team displayed a bewildering inability to win big matches across all competitions last season.

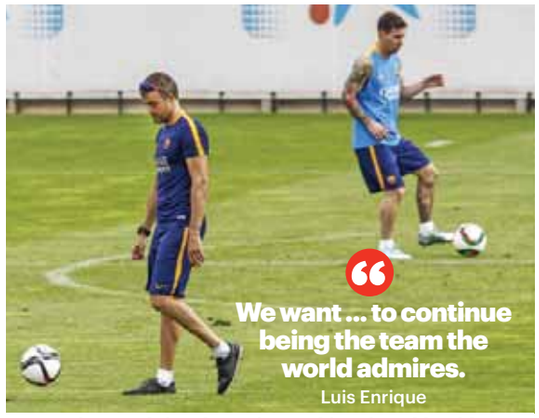
Madrid club president Florentino Perez is yet to make a big splash in the transfer market, limiting his buying to players like Mateo Kovacic and Kiko Casilla.

With Lionel Messi providing the goals, Andres Iniesta will have to fill departed captain Xavi Hernandez's more vocal leadership role in Barcelona. Madrid, however, is entering the season with questions regarding leadership and whether feeding Ronaldo's insatiable appetite for scoring is the way to a title.

One Spanish league championship in seven years is paltry for the richest sports club in the world.

Benitez began his coaching career in Madrid's youth academy and he knows there is no place in the capital for losers.

"No. 1 is the only thing that matters, and being second isn't worth anything," Benitez said after stifling tears at his presentation in June. "I have to adapt as quickly as possible because this is the demand from the very first day." THE ASSOCIATED PRESS



Jose Enrique and Lionel Messi won a historic treble with Barcelona In 2014-15. QUIQUE GARCIA/AFP/GETTY IMAGES

ALSO-RANS?

Atletico Madrid's Diego Simeone has a formidable attacking unit after buying Colombia striker Jackson Martinez from FC Porto and Luciano Vietto from Villarreal to go with Antoine Griezmann and Fernando Torres. But despite the injection of talent up front, Atletico would need to rekindle its its 2014 title form to challenge the top two.

Valencia and Sevilla should round out the five Champions League spots.

Diego Simeone GETTY IMAGES

New Real Madrid manager Rafa Benitez will be under pressure to find championship form quickly with his all-world roster featuring Cristiano Ronaldo. ROBERT CIANFLONE/GETTY IMAGES

PREMIER LEAGUE

Chelsea votes for Pedro

While Chelsea awaits a first win on the field this season, the Premier League champions scored a victory in the transfer market on Thursday by beating Manchester United to the signing of Pedro Rodriguez from Barcelona.

A fee worth 30 million euros ($33 million US) brings the 28-year-old forward to Chelsea.

The Blues are enduring their worst start to a season for 17 years. Chelsea lost the Community Shield to Arsenal and collected one point from its opening two league games while Jose Mourinho became embroiled in a public row with his medical staff.

Pedro won 20 trophies with Barca, where he had spent his entire pro career. He also won a World Cup and Euro Championship with Spain.

Pedro Rodriguez GETTY IMAGES

CITY SIGNING

Manchester City strengthened its defence for the team's bid to regain the Premier League title by signing Argentina centre back Nicolas Otamendi from Valencia on Thursday, taking spending this summer close to 100 million pounds ($156 million US). THE ASSOCIATED PRESS

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RECIPE Tex Mex Chicken and Corn Soup

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

A perfectly spiced Southwestern soup that's easy to make and is filling enough to be the main course. Serves 6.

Ready in
Prep time: 10 minutes
Cook time: 16 minutes

Ingredients
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp minced garlic
- 1 cup chopped red bell pepper
- 1 corn cob (kernels cut off) or 1 cup canned and drained corn niblets
- 1 1/2 tsp chili powder
- 1/2 tsp cumin powder
- Salt and pepper
- 1 1/2 cups diced rotisserie or leftover chicken
- 1 cup canned, drained and rinsed black beans
- 1/2 cup diced tomato
- 4 cups chicken stock
- 3 Tbsp chopped cilantro
- 1/3 cup grated light Monterey Jack cheese or Old Cheddar

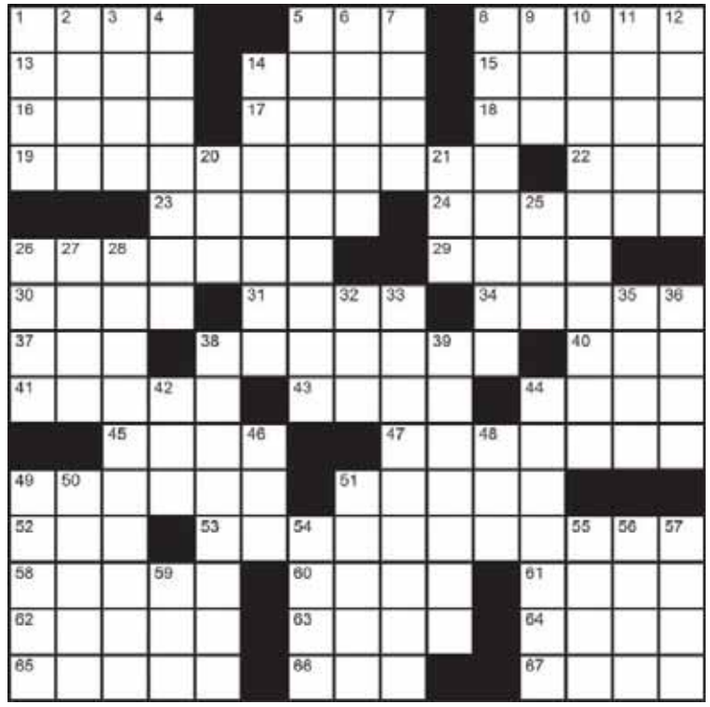
Directions
1. In large pot, heat oil and add onion. Sauté for three minutes. Add garlic, red pepper, corn, chili powder, cumin and salt and pepper and sauté for another three minutes.
2. Add chicken, beans, tomatoes and stock. Cover and simmer for 10 minutes. Garnish with cilantro and cheese.

Nutrition per serving
- Calories 216
- Protein 19 g
- Carbohydrates 18 g
- Fibre 3 g
- Total fat 7.5 g
- Saturated fat 2.5 g
- Cholesterol 10 mg
- Sodium 415 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Oliver of "Oliver!" (1968)
5. "Today" rival, commonly
8. Jazz improvisations
13. Old Rome's 156
14. Pool-playing props
15. Banish
16. Pack _ __ (Get ready to vacation)
17. Bubbly bar
18. Keepsake of yore
19. St. Ives product: 2 wds.
22. Tennis call
23. Smiler's pride
24. Those who have just had dental surgery might avoid eating them for a time
26. Winona Ryder's character in "Little Women" (1994): 2 wds.
29. Mr. Egoyan
30. Oscar-winner Mr. Jannings
31. Frost
34. Spew
37. Down
38. Adorn with garlands
40. Tea: French
41. Slow garden dweller
43. Norse thunder god
44. Scottish slope
45. Miss White of fairytales
47. Church bell ringers
49. "Fantasy Island" character
51. Fibber __ and Molly (Old-time radio show)
52. Lisa Loeb song: 2 wds.
53. Canadian nutritionist known for her healthy recipes: 2 wds.
58. Blue hue
60. Auth. unknown
61. Kingly address
62. Persist
63. Use the Xerox
64. Desire Under the __ (Eugene O'Neill play)
65. Bonfire remnants
66. Starring actress in "Titanic" (1997) ...her initials-sharers
67. Week parts

DOWN
1. Mil. fliers
2. British actor Idris
3. Leave a disaster area, for short
4. As per #26-Down... __ Correspondent
5. As per #26-Down... Regular __ __
6. Concert stuff fans would buy, fun-style
7. Ancient stringed instrument
8. Prohibited
9. Big Joe Mufferaw's tool
10. Metric length unit
11. Worked at, as a trade
12. Religious orders
14. Horse-drawn carriage in Old Montreal
20. __ Lingus
21. "Surfin' _._._" by The Beach Boys
25. Journal
26. Ms. Allen of CTV's "The Social" who is the show's #4-Down and #5-Down
27. Its capital is Muscat
28. Flair for fortune: 2 wds.
32. Sports fig.
33. Agriculture... Carrots and beets: 2 wds.
35. Dog breed, __-Pei
36. Casual tops
38. Workers laying down tile, perhaps
39. Mountain formation process
42. Chg. card percentage
44. Fortunate
46. Court
48. Floral souvenir
49. Headdress for Kate, Prince William's wife
50. Carpentry tools
51. Thompson Twins hit: "Hold __ __"
54. Potatoes holder
55. Ben Mulroney's mom
56. Canadian __ (Military force)
57. Loch of legend
59. Blanche's portrayer on "The Golden Girls"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may want to take some kind of gamble today but that might not be such a good idea. You are advised to remember that there are no easy routes to success: it takes hard work, stamina and common sense.

Taurus April 21 - May 21
What you see and hear today may shock you but don't getting upset or angry. Other people's actions may not be to your liking but there is not much you can do about it.

Gemini May 22 - June 21
You may be tempted to start something over that is not going as well as expected but if you do it may never get done. Your best course of action is to plod on and hope for the best.

Cancer June 22 - July 23
You have to decide whether or not to continue with a creative project. Think about how much effort you have already put into it. All that will be wasted if you give up now.

Leo July 24 - Aug. 23
Someone feels you owe them and they are about to demand that you pay up in full. You must not let them pressure you into parting with cash. If you owe them a favour then you should pay back in kind.

Virgo Aug. 24 - Sept. 23
It is likely that something or someone will delay or even halt your progress. It may be frustrating but there is not much you can do about it. Stay calm and don't lose your temper.

Libra Sept. 24 - Oct. 23
You should be making plans that stretch well into the future — not weeks or months but decades. You need a vision, something to aim for, something to inspire you. The details can be sorted out later.

Scorpio Oct. 24 - Nov. 22
Important decisions have to be made today. With the Sun at odds with Saturn in your sign you must get tough, both with others and with yourself.

Sagittarius Nov. 23 - Dec. 21
Use your imagination and visualize what it is you most want to accomplish and what kind of person you most want to be. Don't let the critics and cynics hold you back. You can do anything!

Capricorn Dec. 22 - Jan. 20
You have some pretty remarkable ideas buzzing around inside that big head of yours. Don't share them with people in positions of power. They may fear, rightly, that you are aiming to outshine them.

Aquarius Jan. 21 - Feb. 19
Say what you mean and mean what you say. Don't worry if certain people don't like it. There may be a backlash but you are big enough and tough enough to ride out the storm.

Pisces Feb. 20 - March 20
Don't go over the top and make enemies of people who should be friends. You may be speaking the truth, but if you hurt others' feelings they will hurt you right back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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